

Educator and consultant in sport and performance psychology with 20 years' experience in sport, higher education, and private practice. An applied practitioner with a unique skill set of mental conditioning for sport and business, with ability to design, analyze and recommend practical solutions for those seeking to enhance personal and professional performance and productivity.

EDUCATION:

Springfield College, Springfield, MA

Doctorate of Physical Education (Sport Psychology concentration), May 2001

Dissertation: Self-efficacy and locus of control in high school athletes.

Springfield College, Springfield, MA

Masters of Science in Physical Education (Sport Psychology concentration), May 1998

Thesis: Differences in cohesion between starters and non-starters of recreational basketball teams.

University of Hartford, West Hartford, CT

Bachelor of Arts in Communications, May 1994

CORE COMPETENCIES:

Teaching and Curriculum Development:

Extensive experience teaching at the Graduate Level in Sport & Performance Psychology, course design and development, utilizing online platforms – Canvas, Blackboard, Brightspace.

Performance Enhancement and Mental Conditioning:

Skilled at working with individuals, groups, and teams on maximizing performance through a variety of mental conditioning and executive coaching tactics. Skills and strategies utilized include building confidence and competence, performance-based goal setting, cognitive restructuring, team dynamics and group cohesion, performing under pressure, and leadership training.

HIGHER EDUCATION PROFESSIONAL EXPERIENCE

Northcentral/National University, Remote

2019-Present

Associate Professor & Program Coordinator – Sport Psychology

- Designed curriculum for Masters of Science in sport psychology and PhD in Sport & Performance Psychology, teaching online graduate courses, supervising students in fieldwork, and managing adjunct faculty.

American Public University, Remote

2013-Present

Adjunct Professor – Health Sciences Department

- Taught online course in statistics, exercise physiology, sport psychology, and sport conditioning

Northeastern University, Boston, MA

2006-Present

Adjunct Professor - Sport Psychology

- Developed introductory undergraduate course in sport psychology. Topic taught include mental conditioning skills, team cohesion and group dynamics, performance under pressure, ethical issues in sport, and professionalization of youth sport.

Adjunct Professor - Statistics

- Taught undergraduate statistics for psychological research course and assisted in redesigning course objectives. Topics included descriptive statistics, measures of central tendency, measures of variability, z scores, t scores, probability theory, hypothesis testing, basic research designs, t-tests, correlations, chi-square, and ANOVA.

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Argosy University, Remote
2010-2019

Assistant Professor & Program Chair – Sport & Exercise Psychology

- Designed and taught online courses in applied sport psychology, team dynamics & group behavior, counseling skills, psychology of athletic injury, cognitive & affective behavior, motor learning & development, athletic counseling, and professional & ethical issues.

SPORT PSYCHOLOGY COACHING PROFESSIONAL EXPERIENCE

GTKSPORTS, Dover, MA
2001-Present

- Mental performance coaching practice that specializes in the teaching and application of mental training skills. Consulting with Olympic, professional, collegiate, high school, youth, and recreational athletes.

Valor Performance, Boston, MA
2019-Present

Elite Coach

- Provide one-on-one leadership and executive coaching to individuals in medical, technology, sales, and other high-performance industries

Babson College, Wellesley, MA
2019-Present

- Mental performance coach for athletics department. Facilitated workshops for coaching staffs and teams on a variety of mental conditioning topics and provided one-to-one mental coaching for all athletes

IMG Academy, Remote
2022-2023

Mental Performance Coach

- Provide one-on-one mental coaching sessions for athletes as part of the IMG+ remote division of the company

New England Academy of Tennis, & Natick Racquet Clubs, Natick, MA
Longfellow Tennis Academy, Wayland, MA
2005-2018

- Consultant for high performance junior tennis academies. Facilitated weekly sport psychology small-group workshops, individual consults, on-court mental training, parent workshops, and coach's workshops.

MARATHON COACHING & CONSULTING EXPERIENCE

PROFESSIONAL ORGANIZATIONS

Association for Applied Sport Psychology - Approved Non-Certified Mentor 2018-Present

Association for Applied Sport Psychology – Certified Consultant 2004-2012

United States Olympic Committee Sport Psychology Registry – 2004-2016

PUBLICATIONS

Grateful Running: Mental Training for the Long Distance Runner (2020, Lulu Press)